

# SUMMER FOUNDATION NEWS



 WATCH OUT FOR OUR NEW SUMMER FOUNDATION EVENTS ROUNDUP – COMING TO YOUR INBOX SOON

**Welcome to our autumn update.** Despite the unprecedented challenges of the past year I am delighted about the strong progress that is being made on several fronts towards our goal of keeping younger people out of aged care.

The long-awaited final report of the Aged Care Royal Commission provides great reason for optimism (see page 2).

We are working together with government towards implementation of the Australian Government's Young People in Residential Aged Care Strategy, which will see no one aged under 65 in aged care by 2025. This is at the heart of the royal commission's recommendations around young people with disability. After more than a decade of work we are no longer lobbying government for change but doing everything we can to support the federal government to achieve their measurable YPIRAC targets with clear timeframes.

Our work is becoming more reliant on the involvement and contributions of people with lived experience of disability, which we gather from people who work with us and through our targeted research.




Our continuing program of workshops and webinars across the country aims to address the growing need for empowered, informed consumers in this area. See the article on page 2.

You can also read about some of the latest work by our policy and research teams in this edition.

Stay safe,

Di Winkler, CEO

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## AGED CARE ROYAL COMMISSION FINAL REPORT WELCOMED

### The Summer Foundation has welcomed the key recommendations relating to younger people with disability outlined in the final report of the Aged Care Royal Commission.

The recommendations closely align with the Young People in Residential Aged Care Strategy released by the Federal Government in 2020. The strategy aims to ensure no younger people enter or remain in aged care by 2025.

The Summer Foundation's Head of Government Relations and Policy, Amelia Condi, said the recommendations are a major step forward in supporting young people with disability to live in a place they want to call home.

*"We would like to congratulate the Aged Care Royal Commission for this tremendous achievement, which will no doubt make a significant difference to the lives of young people with disability who are living in aged care or a risk of entering aged care,"* Amelia said.

*"This result would not have been possible without the contributions of many young people with disability, their families and close others sharing their stories and experiences."*

When the Aged Care Royal Commission was announced in September 2018 the Summer Foundation organised a series of national workshops (#EveryStoryMatters) to provide 1:1 support to young people with disability and their close others who wanted to tell their stories. Close to 100 people were supported to make submissions and 8 of those were invited by the royal commission to give direct evidence during the week of hearings in September 2019 focused on young people in aged care. James Nutt, whose profile you can read on page 4, was one of the people who spoke to commissioners.

The Summer Foundation also made its own submission ([summerfoundation.org.au/acrc](https://summerfoundation.org.au/acrc)) and Luke Bo'sher, who was then CEO, spoke at a royal commission hearing.

The Summer Foundation, Youngcare and Synapse jointly welcomed the Aged Care Royal Commission's final report and encouraged the Federal Government to accept all the recommendations, particularly those that support the needs of people with disability.

View the full report here: [agedcare.royalcommission.gov.au/sites/default/files/2021-03/final-report-recommendations.pdf](https://agedcare.royalcommission.gov.au/sites/default/files/2021-03/final-report-recommendations.pdf)

### IMPROVING HOSPITAL DISCHARGE

The Summer Foundation has developed The Housing Needs and Preferences to Support Discharge Guide and Template for health professionals to support a person with disability to be discharged from hospital to suitable housing.

By understanding a person's housing needs and preferences, health teams can facilitate people with disability to exercise real choice and control over the type of housing they live in, where they live and who they live with.

The guide and the template assist health teams to have a very important conversation with a person with disability in hospital. It is the first step in finding housing and moving patients along the discharge pathway more efficiently.

The guide and template, funded by the Queensland Government, are designed to be used together. They can be accessed here:

[summerfoundation.org.au/resources/housing-needs-and-preferences-to-support-discharge/](https://summerfoundation.org.au/resources/housing-needs-and-preferences-to-support-discharge/)



### MAKING HOUSING GOALS A REALITY

The Housing Hub's extensive range of workshops and events has kicked off for 2021.

Housing Options workshops are for participants, families and supporters to learn about different housing options under the NDIS and different types of places people with disability can live.

After moving rapidly to online delivery in 2020 we're again also offering face-to-face workshops in many locations. Many of the workshops are facilitated by people with lived experience.

Housing Connections events bring together service providers and NDIS participants to help housing goals become a reality.

For a full list of upcoming Housing Options workshops across Australia and online see dates here:

[housinghub.org.au/news/ndis-housing-options-events](https://housinghub.org.au/news/ndis-housing-options-events)



## BUILDING BETTER HOMES

More than 12,000 people have signed a petition calling for minimum accessibility standards in new homes to meet the needs of all Australians.

The petition and a recent open letter to the country's building ministers form part of the Building Better Homes campaign. Australia's building ministers will meet in early April to decide whether to include minimum accessibility standards in the National Construction Code for all new homes.

It is a critical decision for the hundreds of thousands of Australians with mobility impairments who cannot access housing that meets their needs.

Since 2010 accessibility standards have been regulated by voluntary guidelines. But only 5% of new home builds have complied with these Livable Housing Design Guidelines.

The Summer Foundation is supporting the Building Better Homes campaign, being run by a coalition of peak bodies and agencies working together to have the code changed to include mandatory standards. Any changes to the code will come into effect across Australia on 1 September 2022.

The campaign highlights that:

- A 2020 survey of people with mobility impairment found 73.6% of respondents were living in housing that does not meet their needs
- Over the next 40 years the number of Australians with a mobility limitation due to disability is expected to rise from 3 million to around 5.75 million
- More than 80% of Australians aged over 55 want to live in their own homes as they age
- Every Australian would benefit from housing that accommodates life's many changes

**🌐 Click here to take action:** Let's get minimum accessibility standards included in our National Building Code and ensure the Code meets the needs of all Australians!

## UNDERSTANDING ACCESSIBILITY

The Summer Foundation and La Trobe University has conducted national surveys of people with mobility impairment and occupational therapists (OTs) about housing accessibility features.

The studies involved an online survey to understand the importance of accessibility features in new Australia housing.

People with mobility impairment (including seniors and people with a mobility-related disability) and OTs who conduct home visits pre-hospital discharge or to assess the suitability of homes for seniors wanting to age in place participated in the studies.

## SUPPORT COORDINATION

Without effective support coordination it can be difficult for younger people with high and complex needs to avoid or exit residential aged care (RAC).

The Summer Foundation's policy team has identified what must be done to properly equip the support coordination workforce to meet the needs of younger people and ensure that no one aged under 65 is stuck in RAC by 2025.

The Support Coordination Position Statement outlines the current problems. These include:

- There are not enough support coordinators with the necessary skills and knowledge to support people with high and complex needs
- Support coordinators lack opportunities for professional development
- Support coordination is often not funded at the appropriate level
- Conflicts of interest often exist among support coordination providers

The statement makes 6 recommendations to the National Disability Insurance Agency (NDIA) to address these issues.

You can read the full statement here:

**🌐 [summerfoundation.org.au/resources/how-to-reform-support-coordination-to-meet-the-needs-of-ndis-participants-with-high-and-complex-needs/](https://summerfoundation.org.au/resources/how-to-reform-support-coordination-to-meet-the-needs-of-ndis-participants-with-high-and-complex-needs/)**



## PROFILE - JAMES NUTT

A brutal assault in 2003 robbed James of his active life and studies. At 21, he was forced to live in aged care for nearly 7 years before a TV interview set his path to independent living in Specialist Disability Accommodation – first in NSW and now in Melbourne.

### **What made you want to move to Melbourne?**

I feel people in Melbourne are a lot more including and accepting of who you are. The city is more accessible than living in regional NSW. I'm hoping for more opportunities to study - my area of interest is youth, drug and alcohol issues as alcohol led to my assault.

### **Did you ever think that having got yourself set up in SDA in NSW it would be too hard to make an interstate move?**

I always thought I would like to move to Melbourne...I really wanted it no matter how hard it was going to be.

### **Was it actually very difficult to make the move?**

For myself, not really - just packing boxes. Sadly, I'm still missing some boxes of photos from when I was able bodied.

I was always looking for a suitable Melbourne apartment to come up. I filled out all the applications and that process went quite smoothly.

### **What about leaving friends and family?**

My parents were sad to see me leave, but I said this is the next chapter of my life.

### **You lived in aged care for a number of years - what did you find the hardest to cope with?**

So young, so hard, making friends one day and the next morning they have passed away.

That made me resilient - I'm not scared of anything. It's shown me life isn't to be taken 100% seriously, we've got to have fun and games. Without comedy in my life, I'd no longer be here.

### **And the best aspects of living in your own SDA?**

I get to choose what to eat rather than cold meat salad 4 times a week; being able to stay up to what time I like instead of being put to bed at 6pm every night.

My apartment feels great being so close to everything. And looking at the trams going past really soothes me, I love it. It means to me the world is moving.

A support worker I had a few years ago in NSW, now a friend, came and stayed with me for a couple of days recently. That was awesome. Having a friend stay makes it feel like a normal house.

### **Do you have any advice for other people hoping to be able to live more independently?**

Set yourself a target and work each day towards that and you'll get closer to getting the independent life you would like. Never give up. Do as much as you can for yourself and have good support around you. KEEP POPPIN' IN THE FREE WORLD!

## MTA REVIEW

The Summer Foundation's policy team has released a position statement on Medium Term Accommodation (MTA) eligibility, funding and quality.

MTA is funding for medium-term housing while NDIS participants are waiting to move into long-term housing.

Recommendations in the position statement include:

- Eligibility for MTA to be expanded
- Increased funding for NDIS participants with high and complex care needs
- Safeguards to ensure participants can achieve their housing goals

You can read the full statement here:

[summerfoundation.org.au/resources/medium-term-accommodation-eligibility-funding-and-quality-to-meet-the-needs-of-ndis-participants/](https://summerfoundation.org.au/resources/medium-term-accommodation-eligibility-funding-and-quality-to-meet-the-needs-of-ndis-participants/)